Suicide Prevention Presenter Training

Background

- **Prevention of suicide is a priority in both the Navy and Marine Corps!**
- **Topic of Suicide often triggers strong emotions and reactions**
- **Likely that many in audience have been touched and affected by someone who has completed suicide**

Strategies

- **Don’t know all the answers about suicide! (No one does)**
- **Know where to refer someone in need of assistance!**
- **Use the ACT Response Strategy**

  A = ASK

  C = CARE

  T = TRANSPORT AND TREAT

Planning

- **Be ready for the unexpected!**
  - **Have form that asks participants about suicide**
    - **Has a family member, friend, or co-worker committed or thought about suicide? (Not uncommon to have 90% of audience)**
    - **Have you thought about suicide in last year? Last 30 days? (Not uncommon)**
  - **Know where to refer people for help**
- **Know the material well**
- **Keep the class small**
- **Good room and environment**
- **Go early and stay late- often participants want and need to talk!**

Common Speaking Mistakes

- Nervous in front of group
- Reading the slides and presentation
- Digressing & rambling
- Um, uh and other expressions
- Speaking too gruffly or quietly
- Unusual gestures

Common Mistakes- Suicide Prevention

- Overuse of humor
- Under prepared
- Focus only on stats/data and not the person
- Answering questions and not really knowing the correct response
- Not knowing own limitations

Know the Audience

- Forced to attend?
- Bored, uninterested?
- Uncomfortable with topic of suicide
- Command climate
- Timing of brief…
- Individual history plus family and friends background
- Grief, anger…

Presenting Ideas

- **Co-Present on Suicide Prevention**
- **Follow the GMT/Military Lecture Plans & Guidelines**
- **Practice, practice and more practice!**
- **Speak with confidence**
- **Bring suicide prevention resources- brochures, posters, handouts**

Suicide Prevention Key Messages

- Shipmates help shipmates!
- What to look for!
- What to do - ACT Now!
- Where to go for assistance!
- Getting help is Good!
- Suicide Prevention is Everyone's

Helping Fears

- Don’t know what to do
- Discomfort
- Rejection
- Anger/frustration
- Helping won’t work
- Trigger own issues

What Not to Do!

- **Don't get MAD about Suicide!**
  - **M - Miss signs of suicide**
    - **Ignore issue of Suicide**
    - **Do not take their suicide talk and behavior seriously!**
  - **A – Avoid signs of suicide**
    - **Keep a secret**
    - **Act disinterested**
  - **D – Disregard signs of suicide**
    - **Don't ask about suicide**
    - **Debate and challenge**

24-7 Helping-Phone Resources

National Suicide Prevention

1-800-273-TALK

Military One Source

1-800-342-9647

DON Suicide Prevention Resources

- **Navy**
  - **http://www.npc.navy.mil/commandsupport/suicideprevention**
  - **http://www-nehc.med.navy.mil/hp/suicide**

- **USMC**
  - **http://www.usmc-mccs.org/suicideprevent/index.cfm**

General Prevention Resources

- **AAS** http://www.suicidology.org/index.cfm
- **AFSP** www.afsp.org
- **CDC** http://www.cdc.gov/ncipc/factsheets/suifacts.htm
- **NIMH** http://www.nimh.gov/suicideprevention/suicidefaq.cfm
- **Real Men Real Depression http://menanddepression.nimh.nih.gov/**
- **SAVE http://www.save.org**
- **SPAN http://www.spanusa.org**
- **SPRC http://www.sprc.org**